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Vinegar: The Miracle Food (The Health Collection)

Celine Tregan

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Vinegar: The Miracle Food (The Health Collection) Celine Tregan
Vinegar: The Miracle Food is the perfect guide to using vinegar as a home remedy, cleaner, recipe ingredient, weight loss aid, and even as a beauty product!

For those who care about their health and want to use natural remedies to maintain it, mix up healing solutions with vinegar in no time to help treat many common ailments including acne, arthritis, skin irritations, excessive sweating, itching due to insect bites, high cholesterol, diabetes, nausea, insomnia, headaches, constipation, digestive problems, obesity and more. And because it has a pH level similar to the skin’s, and because of its antioxidant properties, vinegar helps maintain healthy, young-looking skin. This book shows how to make simple, inexpensive creams and lotions to moisturize dry skin, reduce fine lines and wrinkles, tighten skin, fade age spots, get rid of cellulite, fight dandruff, restore the skin’s natural balance, strengthen weak hair, and more! It's also an inexpensive, 100 % natural, environmentally friendly and effective alternative to commercial cleaners to disinfect, deodorize, remove stains, clean windows, kill bacteria and mold, clean pots and pans, the oven, and the barbecue, and protect plants against ants and other harmful insects. Finally, discover versatile ways to use different types of vinegar in a wide variety of dishes including, salads, vinaigrettes, sauces, veal, pork, chicken, fish, beef , and absolutely delicious desserts. Vinegar is truly nature's secret weapon!

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